

There is no time in life when the mind is so receptive as in childhood. The embedding in the mind of sound views on health is as important as teaching a child how to find the cube root of a given number. It is much more interesting also to the pupil to be told how a few small objects may be carried into the lungs on a small particle of dust, and multiply in the new location, causing the disease known as consumption, than to be told how Tambourlane with his vast army overran Asia.

The total economic value of such teaching would be too vast to estimate. A better knowledge of the laws of health would not only lengthen life, but would increase its usefulness and earning capacity. The time is not very far gone into the past when the average duration of life was only 25 years in Europe. In most European countries to-day it runs from 40 to 50. This is an enormous gain. It is held by high authorities that with the present century, the average duration of life could be lengthened by 14 years. This would mean that the expectancy of life would be raised in Britain, Canada and the United States to about 64 years, instead of 50 where it averages now. This would reduce the death rate from 20 per 1,000 to about 15.6.

A child will learn with far greater interest how much air there ought to be in a room for an adult to sleep in, than the quantity of paper required to cover its walls and ceiling. The latter concerns only the outlay of a small amount of money, the former concerns its health and personal comfort.

The cry may be raised that too many subjects are now taught in the schools. This is no argument. Hygiene is vitally necessary, and must find a place, even if something else should receive less attention. "Let in more light," said the dying Goethe.

SMALLPOX AND VACCINATION.

All over Canada we are constantly reading of local epidemics of smallpox. This should not be so. But utopia is still far off. There are many who will not see, even though they have eyes, and they will not hear, even if they have ears.

For a number of years smallpox has assumed a very mild form. This has created in the minds of many, a sort of contempt for the disease. These people have not read history aright, or they would have learned that from time to time this disease, like antaems of old, touches mother earth and becomes mighty again.

In 1885, there was an epidemic of smallpox in Montreal. In that epidemic, lasting only a few months, there were 3,177 deaths. The people of Montreal on that occasion learned to their sorrow to doff their